

—EXAMPLE OF RESONANT ENERGY BALLOON

—PERSON IN TIME REGRESSION

EXPLORER (ROMC): I am coming up now... in my balloon... It is still the same balloon but it has changed shapes a little bit ... it's a little closer around me... it still doesn't touch me... I have enough room to float inside... there is nice breathing space...

I'm on top of the balloon now... there is no limitation up there... the balloon has got a little helmet with a 12 on it. And now I'm going to be put through some fast-speed type of programs... I'm going to be shot into different types of objects, of different consistency... I'm being told that, even though I'm being shot into different objects —like into metals, and probably the Earth and different things— I'm going to be completely in control. I'm going to be completely the same... My breathing level will be the same, nothing is going to be changed, even though things outside of me are going to be going very, very rapidly.

But inside this capsule —it is like a capsule, now. It has sort of gone from a balloon to a type of capsule— the balloon is still there, but it's like I'm being put into a capsule... So I'm going to be shot into rapid speed in certain areas... I'm just going to see now where I'm going to go and what's going to happen.

MONROE: Very good...

EXPLORER: It's all... like I can see through like a plastic; I'm supposed to be observing everything I'm going to be

doing while I'm gone rapidly... It's going to be rapid but also filled with a feeling of smoothness, calmness, and no fast movements.... Ok... let's see... there is a little incline, and I can see myself lying in there... Ok... it's going to be ignited. I'm just about ready to get off there. Ok... it's like it's gone... all the way now... I feel rapid movement... it's shooting out just like through space now, for a while.

I can see things flying by. Ok... it looks almost as if I'm going to turn around now and I'm going to come back toward the Earth... I'm just going to shoot right back into the Earth, where it's not going to phase me in the least... Ok... coming back... I can see the ball... see the Earth... I'm coming at it with real rapid speed... Even when I hit it I don't even feel it... I'm sort of breaking through layers. I'm going through different layers of the Earth.. It's getting a little warm around me, but I'm not warm, though. I'm getting into the center part of the Earth... it's like molten lava. But I'm completely protected, there is no problem. I'm just being shown that, no matter where I go I'm going to be completely protected.

There is a lot of gas.... all sorts of gases.... it just is really hot, I can tell. It's hot but I don't feel the heat. I can tell that it's hot and can see it. I'm sort of going to float inside here for a while. Seems that right in the middle there is like a vacuum... let me get right in the middle... sort of a vacuum where there isn't any molten or fire or anything hot... it's like it's almost cool at a certain level... Ok... now I'm right in the center of the Earth, and I'm going to spin around, head over heels... just right into one spot now, building up energy... spinning,

spinning... I'm feeling sparks and light, and feeling energized... and then at one stage it's going to shoot back out through the Earth... It's funny, it's like the Earth is almost like one small atom. I can just see that the Earth is one little, tiny atom in one whole big cosmos. Just one little atom... I'm moving around inside that atom... I can see different parts of this atom. Now it's spinning back around, and I'm going to shoot out... now in another direction... Now I'm coming up very, very rapidly. It's like I'm coming up through the ocean. I went into an earth part, and now I'm going to come up through an ocean part. It's really beautiful...

I can see fish. I can see a whale... my capsule is cooling off on the outside... sort of a rainbow... feels nice and smooth. I'm going to float around like a submarine... pretty dark down here... feel lighter... pretty kind of fish floating by... beautiful colour... there is a shark now, a dolphin... I'm just enjoying everything inside this capsule... coming up to the surface... Pacific Ocean... nice and warm... looking around... seeing islands...

Things start looking small again... I'm back on my launching pad... oh, interesting... the shape of my capsule is going to be changed... it's going to be molded into a complete circle. I'm sitting up in it now —before I was lying down— it was like a bullet... it's going very, very fast, but I feel calm and cool... relaxed inside, and I'm spinning out in space...

It looks like I'm heading toward a star now... it's a sun... closer, closer, very, very fast... rolling over and over... I can just see it... getting closer into this star, this sun... getting so big now... I very much become aware of the

heat, and it's not affecting me... it's getting very, very bright, and my capsule is turning into certain shades of green to shut out some of this bright white light... spinning very, very rapidly into this hot molten star... ooh... so bright... As it is getting brighter my capsule is getting darker... I can see... ooh... nothing but gas and fire, and really bright... I can see all of a sudden all sorts of... colours... I can see many spectrums of the sun... I'm... I'm shooting through them... it is a sun... shooting through ... I'm going into a red vein... it's nice, everything has turned red, now... red tunnel, shooting rapidly through it.

Now I'm going into another part of this spectrum... it's like being so close inside these beams —sun beams— now I'm in a nice blue one, so cool and nice... riding along real fast; things moving along outside... now, getting into an orangy brown beam... real bright orange... I've gotten out of the browns... bright yellow one now... rolling over and over... the ball is turning over but I stay upright... I'm getting sideways around the sun...

I can hear music... merry-go-round music... inside this star, this sun... I'm seeing... ooh... it's a beautiful garden... my goodness! a very, very... I'm sort of floating around now, some fantastic garden... very unusual and bright colours... so bright... flowers of real bright shades... very nice. Now I am told that I'm going to be able to step out and I'll get to sit on some of this foliage, leaves...

I'm going to get some other kind of energizing... it's all calm around me... I'm going to step out... they are going to open the door... I'm going to step out... standing now on a huge, huge leaf... in the cup of the leaf there is a little

pool... Actually, it's just like a little drop of water small enough... it's like a pool... I step out and step into this nice pool... hum... very blue water... as blue as it can be. I'm completely immersed... feels so good... it's almost like it's not water, but it is water... it's got a lot of energy.

I'm under the surface and I can still breathe... it does not even affect me... beautiful... wonderful water... cool, calm, relaxing... Funny, even the colours under the water are changing in this little pool that is on this big leaf... It's now changing into a sort of turquoise and I get different vibrations from it.

I can feel my whole body tingle... so nice... I just float around... I realize I can't stay here too long... I have other things to do and can't enjoy myself too long right now... Now, I'm just floating around this gigantic garden. I'm just a little nymph or little diva... jumping around... I find a nice big flower, like a Morning Glory... so big... and I'm so little... it's like a cave... but it's a flower; so I'm standing, all white here... it feels so good... when I step down on it it feels so soft... the pollen is just soft and I sort of bounce around in it. Humm.....

Now I'm going to go inside a cave... this flower... wonderful smell... fantastic... makes me float just to smell that smell. As I walk inside this flower I can see the insides of it, beautiful... I just brush against the different parts of the flower... just so soft... and as I touch it, it gives me energy, it's refreshing... I feel so light... sliding down a stem... lower stem like a cave... water inside... sliding down rapidly inside the base of this particular flower... down at the bottom, looks like I'm down

in the Earth, brown... dark black soil... colours are so vivid... floating around in this soil... soil is turning different colours... orangist brown... changing colours... vibration... it pulsates... As it pulsates it is changing colours... the Earth is doing that... it is pulsating. It is like I get into the rythm of the pulsating and it's just a good feeling to be in the rythm of it... coming up... down on the ground... walking in this huge, huge garden... most magnificent place I have ever seen... walking around... the greens are crystal green and when there is a drop of water on the leaves it is like a crystal ball... I look into this drop of water... it sparkles... like looking into a crystal ball... it is pulsating, and I can see myself...

From looking into this drop of water, which is a crystal clear... and pulsating a little bit... I can see a city, a glowing kind of a city, back in the hills, just glowing... beautiful texture of light... it's like a light, but it's so bright that I have to look at it through this little drop of water... like looking at the future and the past... it's pulsating with life and light... I can see different parts of myself. I can see and feel all the excitement around me.

I see a beautiful girl, I'm watching and following... she is playing a Greek instrument and singing... for several Greeks in Greek outfits, sitting out in the garden... She sings.. I can see like a different kind of harp instrument —but not quite— it has long strings... it's not like a harp... you can hold it in your hand... she is singing... working. She is part of this temple... she is sort of favoured... She is a servant, and has special privileges. I think she might be a temple prostitute, one of the more privileged because she

is able to use some of her talents and is entertaining because of her voice... She is appreciated for her beauty and her voice and what she can share.... and as I step out, I can see that in this situation, this person, this soul had to learn more obedience, learn to be in a situation where she had to grown in, not being so strong-willed, and had to learn a type of sharing and sensitivity. Actually, she was very sensitive and very appreciated because she could fit right into the situation there. She didn't live too long in this lifetime. Seems like she died at an early age.. seems like some type of disease, but yet it was a fulfilling lifetime. She was less lonely because she was using her abilities.

Now, still looking into this little dot of water again... I'm standing, looking ... one more trip... now one last look into this drop of water... seems like another era... a face... a sphinx... back in Egypt... people around... lots of people dressed in beautiful robes... like being in the heart of New York City... people just milling around... being very active. Process of building a type of pyramid... for one of the kings that we work for... Ammand Otep... I can see that name over the door. They are planning.... I can hear them talking... he is young but they have to plan early for his burial... It seems I am there representing someone that works with the king because I have to see that all the right things get into this tomb. But it seems that the tomb has to be used before... it's going to be a tomb, and that is why it must be built early... Many people, many servants that work for this king... we are all working, helping... it's like eternal life we are trying to bring this king... this king looking for the secret of eternal life... if he plans it right he won't have to die... this ceremony is planned... it is being built for each one, and each part of it that is to be built there is going to be

a ceremony... There is so much to see here... not going to be able to finish... have to come back... important lifetime... important study here as to the nature of reality... have to come back... Back into my garden, looking... I didn't die... I'm going to tap into this lifetime to get some important guidance and help...

Now, back into the garden and looking into this drop of water again.... wonderful smell... refreshing, great feeling... beautiful city of light gleaming in the back of the hill... I reach with my hand to touch the water and get energized... will have to go back into my bubble... it's coming back to me... going to have to get back in it... hate to go... buckle down, helmet back on... door is closing... rolling, rolling. lifting up, moving out... shimmery, beautiful garden area... back out... I had to circle around the star... roll over... one last look at this beautiful area... I can see the gleaming type of city... not like our buildings because they are made of light... can't see anything else... inside my own molecule... going fast... coming down a light beam... my own rocket ship... coming back to the Earth... I can see the Earth below... feels good... Virginia... I can see the whole state... down in Afton... back where I started...feels like I can put on ten-league boots and jump all over the universe ...good experience...

I don't remember seeing anyone around... when it was time to leave, the capsule opened up but I don't remember seeing any other person... strange, I saw flowers and a light city, but it's funny, I only saw aspects of myself...

END OF RECORDING
